EFX**5.21si**

Elliptical Fitness
Crosstrainer

Owner's Manual

PRECOR® USA

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be taken, including the following:

- Read all instructions before using the Elliptical Fitness Crosstrainer (EFX). These instructions are written to ensure your safety and to protect the unit.

Before beginning any fitness program, you should obtain a complete physical examination by your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER

To reduce the risk of electrical shock always unplug the Elliptical Fitness Crosstrainer from the electrical outlet immediately after using and before cleaning.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- When it is plugged in, do not leave the EFX unattended. Unplug the unit from the power source when it is not in use, and before putting on or taking off parts.

- Close supervision is necessary when the EFX is used by or near children, invalids, or disabled persons.

- Use the EFX only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.

- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the EFX to a service center for examination and repair.

- Keep the power cord and plug away from heated surfaces.

- Never drop or insert objects into any opening. Keep hands away from moving parts.

- Do not use outdoors.

- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

- To disconnect, turn the power switch to the OFF (O) position, then remove the power plug from the wall outlet.

WARNING

Connect the EFX to a properly grounded outlet only. See *Grounding Instructions*.

SAVE THESE INSTRUCTIONS

Personal Safety

• Check the EFX before each use. Completely assemble the unit before using it.

• Assemble and operate the EFX on a solid, level surface. Locate the rear of the unit at least 2 feet from walls or furniture to provide access to the ON/OFF (I/0) switch.

• A locking pin, inserted through the ramp and roller arm at the factory, provides an added security feature. This locking mechanism must be removed prior to working out. See *Working Out on the EFX.*

• Wear proper exercise clothing and shoes for your workout—no loose clothing.

• Use care when getting on or off the EFX. Use the handrails whenever possible. Never step off the unit while the foot pedals or ramp are still moving.

• Keep your body and head facing forward. Never attempt to turn around on the EFX.

• Do not rock the unit. Do not stand or climb on the handrails, electronic console, or front or rear casing.

• Keep all electrical components, such as the power cord and ON/OFF (I/0) switch, away from water or other liquids to prevent shock. Do not set anything on the handrails, electronic console, or rear casing. Never place liquids on any part of the unit.

• Do not attempt to service the EFX yourself other than the assembly and maintenance instructions found in this manual. The EFX is for household use only. See *Obtaining Service* on page 24.

• Do not overexert yourself or work to exhaustion.

• Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

Precor Heart Rate Option—Safety Guidelines

The Precor Heart Rate Option was created and designed exclusively for Precor products. Before using the option, read and follow the instructions found in the owner's manual that accompanies your option kit or chest strap transmitter.

The equipment is extremely sensitive — you should use the heart rate option with this in mind and take the time to read the following:

• Handle the Precor Heart Rate Option with care. Do not drop the equipment. It might damage the transmitter and you could void the manufacturer's limited warranty.

• Do not place the chest strap near strong electromagnetic radiation sources. Television sets, electric motors, radios, and high voltage power lines can affect the transmitter's performance and interfere with the heart rate signal that is being transmitted to the receiver which might affect the heart rate readings that appear on the electronic console.

• Use only one chest strap at a time inside the range of the receiver. If the receiver tries to process several signals simultaneously, an incorrect heart rate reading could result. Be sure to keep any other transmitters at least 5 feet (1.5 meters) away from the receiver on your unit.

• Keep the equipment dry. Although the chest strap should not be immersed in water, wetting the electrodes and your chest will improve the initial performance. Note that perspiration on the chest strap during workouts is normal and actually enhances the signal being sent from the chest strap's transmitter.

   Note: An electrolyte spray does accompany your option package. Prior to putting the chest strap on, lightly spray each electrode on the chest strap to help enhance its conductivity.

- To conduct the electrical impulses from your heart, the chest strap's electrodes require a certain percentage of salts and minerals in the water used to wet them. The electrodes continue to transmit your heart rate reading as long as they are in contact with your skin and your skin is providing enough moisture through your perspiration to keep the electrodes wet. However, if the concentration of salts in your perspiration is not high enough to conduct electrical impulses and send them to the receiver, your heart rate reading will appear erratic or not appear at all. Some people cannot use the heart rate feature because they do not have the proper body chemistry.

- Do not use the chest strap if you are taking any medication or have a cardiac pacemaker. Inaccurate heart rate readings can occur due to medication or electrical impulses from the cardiac pacemaker.

- Stretching or bending the electrode strips on the chest strap may cause the strips to lose their conductivity. Handle the chest strap with care.

- After extensive use, the chest strap (transmitter) may wear out, causing inaccurate heart rate readings. With every use, check the strap for excessive wear and replace it or the battery if necessary. See *Obtaining Service* on page 24.

Precor equipment is designed for your enjoyment. By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor EFX.

Information Regarding Regulatory Requirements

FCC Federal Communications Commission, Part 15

The EFX5.21si has been tested and it complies with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against detrimental interference in a residential installation. The EFX generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. However, even with following the owner's manual instructions, there is no guarantee that interference will not occur in a particular installation.

If the EFX does cause interference to radio or television reception, which can be determined by pressing the power switch to 0 (OFF) and then I (ON), you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.

- Increase separation between the EFX and the receiver (TV, radio, etc.).

- Connect the EFX into a different power outlet—on a dedicated circuit different from the one used by the receiver (TV, radio, etc.). No other appliance should be plugged into the same power outlet that the unit is connected to.

- Consult your dealer or an experienced radio/TV technician for help.

CAUTION: Per the requirements of the Federal Communications Commission, changes or modifications to this product, not expressly approved by Precor, could void the user's authority to operate the product.

Canadian Department of Communications

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioéélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

Safety Approval

When identified with the ETL-c logo, the EFX has been tested and conforms to the requirements of CAN/CSA-E-335-1/2E-94, Safety of Household and Similar Electrical Appliances.

Grounding Instructions

The Elliptical Fitness Crosstrainer must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The unit is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the EFX is properly grounded. Do not modify the plug provided with the unit—if it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

Diagram A

Proper grounding plug and power outlet for 120v connection.
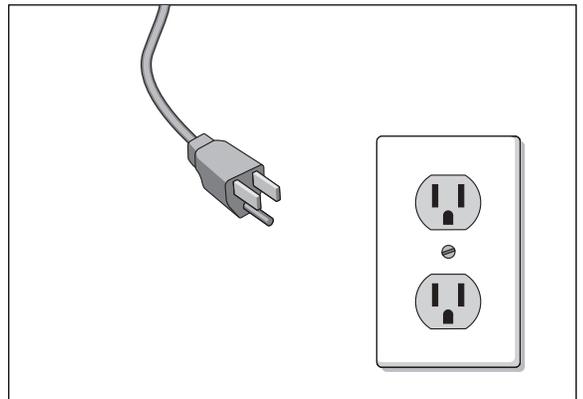
The EFX is for use on a nominal 120-volt circuit (refer to the WARNING below and to the *Installation Requirements* on page 2) and has a grounding plug that looks like the plug illustrated in Diagram A.

WARNING

This product is for use on a circuit having a nominal rating of more than 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the EFX must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

ATTENTION: Haute Tension

Débranchez avant de réparer

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1

Before You Begin

Thank you for purchasing your Precor EFX Elliptical Fitness Crosstrainer. The EFX5.21si features a zero impact, elliptical-shaped stride that lets you target specific lower-body muscles to achieve better muscle tone and overall cardiovascular conditioning. The EFX is designed to use the *optional* Precor Heart Rate Interactive System featuring Smart Rate™.

The EFX offers an easy-to-understand display console that gives motivating feedback about your workout and incorporates the latest in cardiac monitoring to provide Smart Rate™— a visual aid that lets you know where your heart rate is at a glance. When the Precor Heart Rate Option *receiver* is installed and you wear the POLAR® *chest strap*, the colored cells on the display light up to indicate your target zone. You'll be able to maintain your ideal zone (weight loss or cardiovascular) by keeping the *blinking* cell within the target zone.

With Smart Rate™, you can "*see*" your pulse in any course: **Manual** (MANL), **CrossTrainer** (XTR)**, Gluteals** (GLT), **Interval** (INTV), **Weight Loss** (WTLS), **Random** (RAND) and **Custom** (CST1 & CST2). These courses provide variety to help motivate you during your workout. In addition, the **Heart Rate Control Course** (HRC) monitors your heart rate within a target zone (usually 55% to 85% of your maximum heart rate) and automatically changes the resistance to keep your heart rate in that zone.

The EFX is designed for household use only and is unique in its crosstraining features. To maximize your use of the EFX, please study this guide thoroughly.

Unpacking the EFX

The EFX is carefully tested and inspected before shipment. Precor ships the unit in three pieces:

- base assembly

- handrail assembly (includes the display console)

- owner's manual, limited warranty card, and parts — shown in Diagram 1

Diagram 1   *Allen wrench, power cord, and tie wrap.*

1/4" Allen wrench

Power cord

Tie wrap
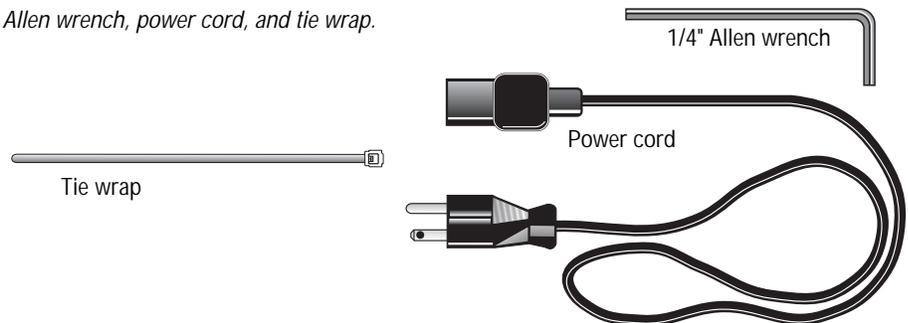
CAUTION: This unit weighs over 160 pounds (72 kilograms). To avoid injury and to ensure the safety of the unit and yourself, get adequate assistance before unpacking your EFX. Slide the base assembly out of the box.

Carefully unpack the pieces of the EFX and lay them on the floor near the location where you plan to use it.

Important: If you plan to move the EFX, do so *before* you install the handrails. Ask for assistance to move the unit. Once the handrails are in place, the unit is wide enough that moving it down a hallway or through a door frame (without scratching it) is very difficult.

After unpacking the EFX, pull out the plastic sack containing the items in Diagram 1. You will need these items to complete the assembly of the EFX. If any items are missing, contact the dealer from whom you purchased the EFX or call 1-800-4-PRECOR for the dealer nearest you.

2

Setting Up the EFX

Please read and follow the instructions in this manual. If you do not assemble and use the equipment according to the following information, you might void the Precor limited warranty.

Installation Requirements

- **Fill out and mail the limited warranty card.** The serial number is printed on a label located on the rear crossbar inside the rear casing. You will need a flashlight to read the label. Write the serial number onto the limited warranty card and in this manual before assembling the unit. Refer to *Obtaining Service* on page 24.

- **Set up the EFX on a solid, level surface.** If the unit is installed in a carpeted area, it is recommended that you place a piece of heavy cardboard, plywood, or other solid, flat, and level surface under the unit.

- **Check that the Locking Pin is secure**. A locking pin, inserted through the ramp and roller arm at the factory, provides an added security feature for the EFX. Before assembly, check that the locking pin is securely in place.

CAUTION: Do not remove or otherwise bypass the 3-prong plug with an adapter or extension cord in order to use a non-grounded outlet. Electrical damage can occur if the unit is connected to an improper power source.

- **Provide ample space around the machine.** Open space around the machine allows for easier access to the I/0 (ON/OFF) switch and makes for a safer mount and dismount.

- **Use a standard 120-volt household outlet.** The EFX is for household use only. The EFX is equipped with an integral 3-prong, grounded plug that meets safety requirements and protects the machine.

Assembly Instructions

CAUTION: If you plan to move the EFX, do so before you install the handrails. Ask for assistance to move the unit to its final location.

You should plan where you want to permanently locate the EFX because, once you install the handrails, the width of the EFX provides little room for maneuvering through a standard door frame and you could scratch or dent the unit.

To assemble the EFX, take the following steps.

Tools required: 1/4" Allen wrench (supplied) and scissors.

CAUTION: Do not cut the string that is secured to the base handrail support. The string is attached to the coiled ribbon cable.

1. Locate the power switch at the rear of the unit. Make sure that the power switch is in the "0" position (OFF) and that the power cord is unplugged.

2. Remove the 4 curved washers and bolts from the handrail. Use the Allen wrench if necessary. Keep the washers on the bolts and set them within easy reach of the base handrail supports.

Diagram 2   *EFX parts overview.*

Electronic console

Handrail assembly

Curved washer

Bolt

Ribbon cable connection

Base handrail support

Foot pedal

Ramp
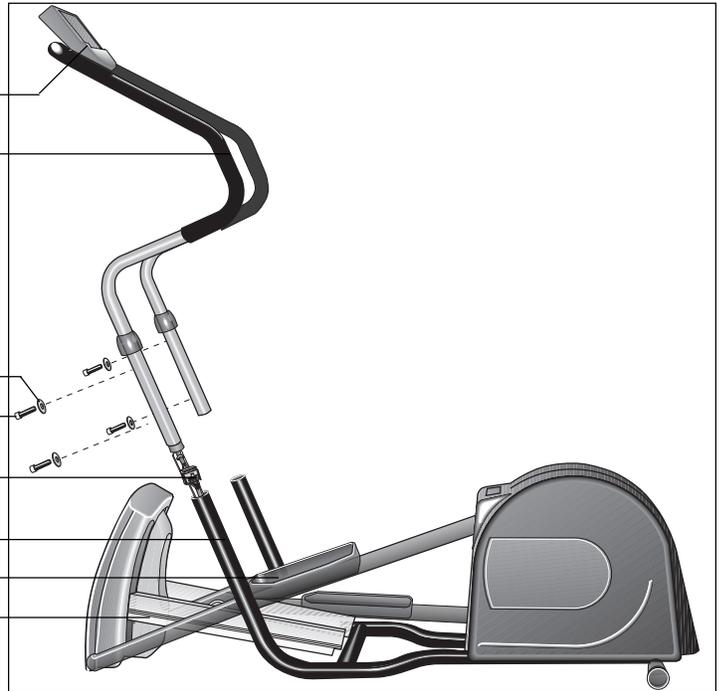
CAUTION: Do not install the handrail assembly until you move the EFX to its final location. Ask for assistance to move the unit.

3.   For an overview of the EFX and its parts, study Diagram 2. Understanding the names of the different parts will help you assemble the unit.

4.   Set the handrail assembly close to the base handrail support, so that the ribbon cable from the upper handrail assembly and the string protruding from the base support face each other.

Diagram 3   *Pulling out the coiled ribbon cable.*

String

Coiled ribbon cable

Front cover

Base handrail support

Foot pedal
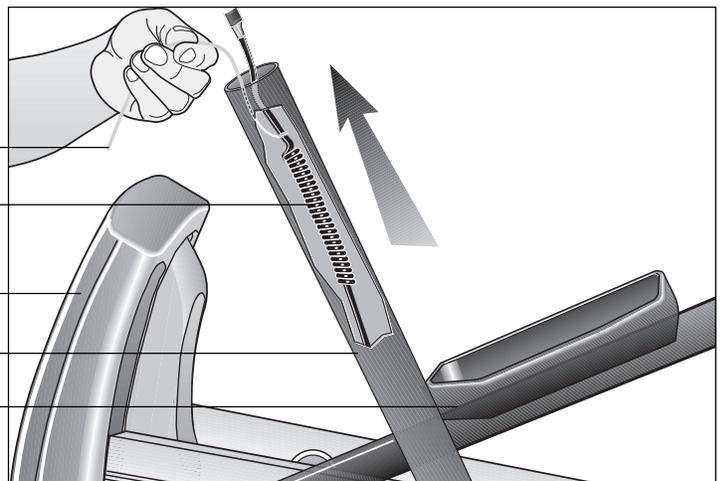
CAUTION: Do not let go of the string until you are holding onto the coiled cable. The string could drop inside the base support making it difficult to retrieve the coiled ribbon cable.

5.   *Get assistance before performing the following steps.*

6.   Grasp the string that is secured to the base support. Gently pull up on the string to produce the ribbon cable connection from inside the base support. See Diagram 3.

Diagram 4   *Connect and secure the ribbon cable.*

Plastic reinforcement strip —————

Tie wrap —————
Flange —————
Securely press the flanges onto the connector tabs

Receptacle —————

Connector tabs —————

Ribbon cable —————
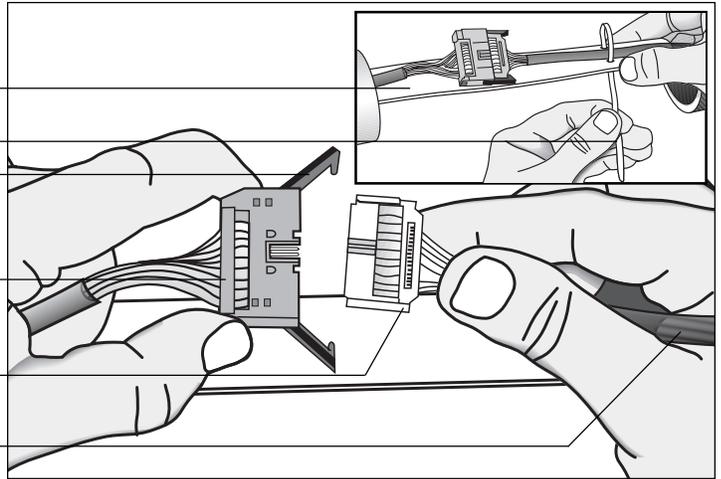
7. *Have your assistant(s)* hold the handrail assembly while you connect the ribbon cable. Plug the connector into the receptacle. Since the connector is designed to engage in one direction only, do not force the connector into the receptacle. To secure the connection, press the flanges together so that they clip onto the connector tabs. See Diagram 4.

8. Use the tie wrap provided to secure the lower portion of the ribbon cable to the plastic reinforcement strip. Thread the tie wrap through the holes in the plastic reinforcement strip and around the ribbon cable. See inset in Diagram 4. Pull the end of the tie wrap tightly to secure the cable.

9. Once the cable is secure, use your scissors to cut off the excess end of the tie wrap. You can also remove the string from the ribbon cable.

Diagram 5   *Secure handrail to base.*

Handrail assembly —————

Handrail covers —————

Bolt & curved washer —————

Ribbon cable connection —————
Base handrail support —————
Front casing —————
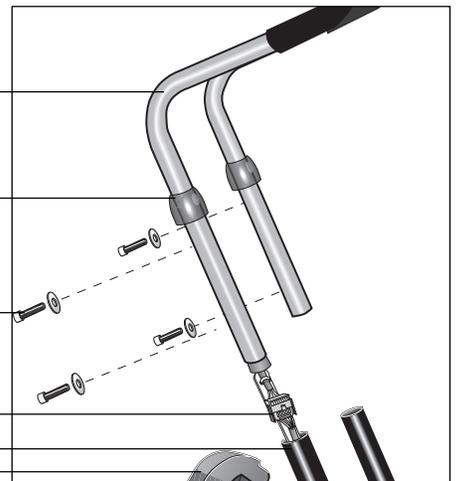
CAUTION: Do not allow your assistant to lift the handrails so high that the excess ribbon cable is stretched or damaged. Stretched, crimped, or damaged cable is not covered by the Precor limited warranty.

Important: While your assistant(s) holds the handrails, guide the ribbon cable into the base support. If you feel *any* resistance, do not force the handrails into position, slowly remove the handrails from the base supports and start over again.

10. Notice that the two bolt hole locations on each base support provide for height adjustments. Determine which height is best suited to meet your needs (lower holes usually used for those 5'6" or shorter) before securing the handrails to the base handrail supports. See Diagram 5.

11. After adjusting the handrails to the height that suits you, alternately tighten each bolt using the Allen wrench. Be sure that the concave side of the washer is placed against the handrail supports.

    Note: Periodically inspect the handrail-to-base bolts and, if necessary, tighten each bolt using the Allen wrench provided.

Diagram 6	*Level the unit.*	

Rear casing ————————————————

Rear crossbar ————————————————

Level adjustor ————————————————

12. If necessary, rotate the level adjustors (on the rear crossbar) so that your unit is level. See Diagram 6.

13. Remove the power cord from the plastic bag.

Diagram 7	*Connect the power cord.*	

Level adjustor ————————————————

I/0 (ON/OFF) switch ————————————————

Power cord plug ————————————————

Power plug receptacle ————————————————
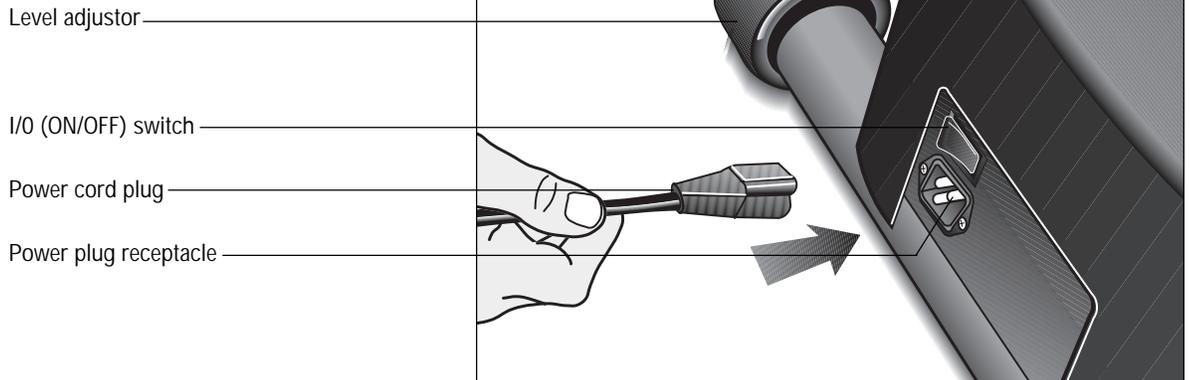
14. Plug one end of the power cord into the receptacle at the rear of the unit. See Diagram 7. Plug the other end into a standard 120v household outlet.

15. Your EFX is ready to use. Please continue on to *Understanding the Display Console* to familiarize yourself with the display features and keys.

3

Using the EFX

As simple as using the EFX might seem, you should read this section so that you can use it safely and effectively. This section of the owner's manual provides the basic information you need for exercising on your EFX, including the following:

- locating the ON and OFF switch

- removing the locking pin

- identifying and understanding features on the display console

- changing the unit of measure and displaying the scrolling speed

Note: Instructions explaining how to use the Precor Heart Rate Option and information regarding the Heart Rate Control Course appear in another section: *Using the Precor Heart Rate Option.*

Locating the ON and OFF Switch

Use the I/0 (ON/OFF) power switch to turn the unit I (ON) or 0 (OFF). This switch is located at the rear of the unit, near the power cord.

Removing the Locking Pin

CAUTION: Do not allow children on the EFX. Be aware that injuries can occur from roller arm movement. Always use the locking pin to secure the roller arm when the EFX is not in use.

The locking pin secures the roller arm and keeps it from traveling up or down the ramp. Pull firmly on the pin to slide it out of the ramp. The lanyard that is attached to the locking pin and ramp, helps keeps the locking pin nearby.

Note: The ramp on the EFX is inactive until the foot pedals complete one revolution (one complete stride). When you begin a workout, remove the locking pin and step onto the foot pedals. Once the foot pedals are set in motion and you complete one revolution, you can change the ramp level.

Understanding the Display Console

The display console lets you control your EFX. As you work out, its features provides constant feedback about your progress. Information about the ramp, resistance, elapsed time, strides per minute, total strides, total caloric burn, and heart rate (if you use the Precor Heart Rate Option) is available at any time. When you use the Precor Heart Rate Option, the POLAR ® chest strap that you wear transmits a signal which is displayed numerically (when the Heart Rate indicator is lit) on the display console.

The EFX5.21si provides several courses engineered to target lower-body muscles and enhance cardiovascular conditioning. In addition, the ability to design your own custom courses (CST1 or CST2) also exists. For more information, refer to *Creating Custom Courses.*

Note: Informative messages scroll across the display and prompt you to enter specific information before a workout. These messages request information and action. Other scrolling messages can appear and explain problems that may arise while you are using the EFX. Some problems you can solve. Other problems may require a qualified service technician. For service questions, please call a Precor authorized service center. For the service center nearest you call, 1-800-4-PRECOR.

Features on the Display

Indicator lights appear to show you which feature is being displayed. When you are working out, the display console presents each feature consecutively—this is called *scanning*. Diagram 8 illustrates the display console. Its display features and keys are explained on the following pages.

Diagram 8
EFX5.21si display
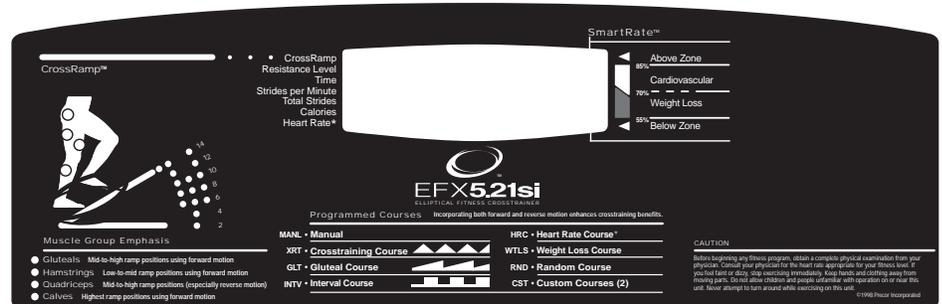
Smart Rate:™ When the optional Precor heart rate **receiver** has been properly installed in the display console *and* the POLAR® chest strap is worn, a blinking segment in the vertical bar graph appears on the display. The blinking segment shows you the zone that your heart rate is in: either Cardiovascular or Weight Loss.

· **Cardiovascular** — maintaining your heart rate between 70% and 85% of your *maximum* aerobic heart rate, helps to improve your overall cardiovascular/cardiorespiratory fitness level.

· **Weight Loss** — maintaining your heart rate between 55% and 70% of your maximum aerobic heart rate, helps burn enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning benefits.

Important: Smart Rate does not appear when you use the **Quick Start** key. If the Smart Rate segment appears, but does not blink, it means that a receiver is installed, but that you are not wearing the chest strap transmitter or it is not working properly. To correct transmitter problems, refer to your *Precor Heart Rate Option Owner's Manual.*

Cross Ramp: Displays the ramp level numerically (1 through 14). This display is affected by the **Cross Ramp ▼▲** keys.

Resistance Level: Indicates the degree of effort (1 through 20) associated with the foot pedal resistance. This display is affected by the **Resistance ▼▲** keys.

Time: Indicates the duration of your workout in minutes and seconds and stops whenever you pause or stop. Should you exceed 60 minutes (during a single workout), the time display converts to hours and minutes.

Strides per Minute: Displays the number of strides completed in a minute. A stride is an exaggerated walking movement. On the EFX, if you start in a position with one foot forward and one foot back, a stride is completed when you move the rear foot all the way forward while the forward foot moves to the rear.

Total Strides: Displays the total number of strides completed. Refer to **Strides per Minute** above.

Calories: Indicates the estimated number of calories burned so far in your workout. The calorie calculation is dependent on the weight that you enter during the setup prompts. An accurate weight selection results in a more accurate calorie count.

Note: If you use **Quick Start**, the calorie count is based on a 150 lbs. (68 kg) person.

Heart Rate: Your heart rate (also known as your "pulse") appears on the display. Monitor your heart rate to help keep you within your training zone. Refer to page 21 to understand more about the Heart Rate Training Zone. Note that the Precor Heart Rate Option receiver must be installed and the POLAR® chest strap worn before your heart rate can appear on the display.

Keys on the Display Console

Each key on the display console's keypad provides specific functions. The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 8.

Cross Ramp (Incline) ▼▲ : Decrease or increase the ramp's position from 1 to 14. The 1 position provides the most elongated, elliptical movement. Increasing the ramp position, changes the vertical angle of the ellipse which causes an upward movement in your stride path and works different muscle groups in your lower body. As you press the ▼ or ▲ key, the number that appears in the display indicates the ramp setting.

Enter: Work out specific prompts which appear on the display need to be addressed and then "entered" into the unit's memory by pressing the **Enter** key.

Pause: To pause during your workout, press the **Pause** key. The display continues scanning your workout statistics. See *Pausing Your Workout*. To resume where you left off, press **Pause** again.

Pause/Hold to Reset: Provides different options depending on the length of time you hold this key down and what "mode" you were in when you pressed it.

While in a Course, you press Pause/Hold to Reset	This is what happens...,
for < 2 seconds	You enter pause mode. See *Pausing Your Workout*.
for 2 to 4 seconds	You exit the course and enter the cool down mode. See *Cooling Down After a Workout*.
for > 4 seconds	You exit the course and FINAL flashes on the display. A summary of your workout appears in sequence: **Time**, **Total Strides**, and **Calories** (**Heart Rate** appears if a valid heart rate is detected). After the FINAL workout statistics are scanned several times, the display returns to the Precor banner.

From Pause mode, you press Pause/Hold to Reset	This is what happens...,
for < 2 seconds	You return to the course and can continue working out. Note that if you pause for more than 10 minutes the system resets to the Precor banner.
for 2 to 4 seconds	You exit the course and enter the cool down mode. See *Cooling Down After a Workout*.
for > 4 seconds	You exit the course and FINAL flashes on the display. See the explanation above.

If paused during cool down, press Pause/Hold to Reset	This is what happens...,
for < 2 seconds	You return to cool down mode.
for > 2 seconds	The display flashes FINAL and a summary of your workout statistics is displayed. Then, the display reverts to the Precor banner.

Quick Start: Pressing **Quick Start** at the scrolling "**PRECOR EFX5.21Si…, Workout Smarter**" banner or during any of the setup prompts accesses Manual mode. A default weight of 150 lbs (68 kg) is used to calculate the total caloric burn. (Refer to *Using the Quick Start Feature* and *Using Manual Mode*.)

Scan/Hold: Scanning occurs automatically in all courses except Manual mode.

• *In Manual mode*, **Scan/Hold** lets you select the feature that you want to appear on the display. When the indicator light is next to the feature you want displayed, press **Scan/Hold**. The feature remains displayed until you press **Scan/Hold** again.

• *In other courses*, pressing the **Scan/Hold** key, when the course profile is being displayed, activates the scan function. Each feature is displayed sequentially and then, the course profile reappears. If the **Scan/Hold** key is pressed during a scan, the highlighted feature is selected and displayed. After the course profile cycles through, the one feature you selected returns to the display. To return to scanning all the features, you need to press the **Scan/Hold** key again. (Note that **Heart Rate** only appears if you are using the Precor Heart Rate Option.)

Resistance ▼▲: The ▼ or ▲ keys change the resistance by changing the force applied against your stride which decreases/increases your degree of effort. As you change the resistance, the display indicates the resistance setting (1 through 20). Because of the EFX's unique design, two different options exist to increase your level of effort:

• decreasing the resistance and increasing the strides per minute.

• increasing the resistance and keeping the same strides per minute.

Note: Your work effort can also be affected by the **Cross Ramp** keys.

Customizing the Display

The EFX can display weight in either pounds or kilograms. You can also set the display's message scrolling speed. Note that the EFX will retain your selection even when it is turned 0 (OFF) and unplugged. You can change your selection at any time by repeating the following steps:

1. Start at the banner "PRECOR EFX5.21Si..., Workout Smarter" and press the **Pause** key. Then, within 1 second, initiate the following key sequence: **Quick Start**, **Resistance ▼**, and **Resistance ▲**.

    Note: Each key press must occur within 4 seconds of the previous key press or the Precor banner reappears and you have to begin again.

2. A prompt (either *U.S. Standard* or *Metric Units*) appears.

3. Any ▼ or ▲ key lets you alternate between the prompts. Make your selection by pressing **Enter** while one of the prompts is scrolling past.

5. Adjust the message scrolling speed by pressing any ▼ or ▲ key. The ▲ key causes the message to scroll faster across the display. Press **Enter** to select a specific scrolling speed.

The display returns to the Precor banner.

4

Working Out on the EFX

Before using your EFX, we recommend that you follow these instructions and go through a preliminary demonstration of the unit.

When using the EFX, follow these general guidelines:

- Before and after a workout, gently stretch your lower body and back to help prevent stiffness or soreness.

- At the beginning of a workout, take several minutes to bring your heart rate into your training zone, shown in Diagram 13 on page 21.

- After your workout, walk slowly for several minutes to cool down your body and lower your heart rate. See *Cooling Down After Your Workout*.

A variety of exercise options are available on the EFX. The course profiles shown on the display console label provide workouts from manual mode to customized courses all with heart rate interactive capability. (To use the Smart Rate™ and Heart Rate features, you will need to purchase and install the Precor Heart Rate Option.)

Quick Steps to Working Out

As you workout, keep in mind that because of the EFX's unique design, you have several ways of increasing your work effort:

- decreasing the resistance and increasing the strides per minute.
- increasing the resistance and keeping the same strides per minute.
- increasing both the resistance and ramp settings and maintaining your stride rate.

To work out on the EFX, take the following steps:

1 ▶ **Put on chest strap (Available with the purchase of the Precor Heart Rate Option).**

1. For Smart Rate™ or your Heart Rate to appear on the display, the heart rate receiver must be installed in the display console and you need to wear the POLAR® chest strap. Refer to *Wearing the Chest Strap Transmitter* to learn how to properly use the chest strap.

2 ▶ **Remove the locking pin.**

2. Locate the locking pin that secures the roller arm to the ramp. Pull firmly on the locking pin to slide it out of the roller arm.

3 ▶ **Turn I (ON) the EFX.**

3. Locate the I/0 switch at the rear of the unit and turn it to I (ON). The Precor banner, "PRECOR EFX5.21Si..., Workout Smarter," scrolls across the display console.

4 ▶ **Hold onto the handrails and step carefully into the foot pedals.**

4. Face the display console and hold onto the handrails as you place your feet into the foot pedals. Notice that when the foot pedals move, the weight prompt appears.

   Important: To access Manual mode, press **Quick Start**. A default weight of 150 lbs (68 kg) is used for calculating the **Calories** display. Refer to *Using the Quick Start Feature*.

5 ▶ **Enter weight or press Quick Start.**

5. If you do not use Quick Start, press any ▼ or ▲ key to change the weight. (The weight increases and decreases in 5-pound or 2 kilogram increments.) To increase the accuracy of the calorie count, select a weight that is closest to your actual weight. Press **Enter**.

6 ▶ **Enter Age.**

6. At the age prompt (which only appears if you are wearing the POLAR® chest strap), use any ▼ or ▲ key to display your age and then, press **Enter**.

7 ▶ **Select Course.**

7. Choose your workout mode either Manual (MANL), or one of the programs: CrossTraining (XTR), Gluteals (GLT), Interval (INTV), Heart Rate Course (HRC), Weight Loss (WTLS), Random (RAND), Custom 1 (CST1), or Custom 2 (CST2) modes. Press the ▼ or ▲ key until you see the desired mode or course number appear on the display, then press **Enter**.

Use the optional Smart Rate™ and Heart Rate displays to keep your heart rate in your target zone: cardiovascular or weight loss.

   Note: Refer to the label on the display console. This label provides information about the courses and illustrates the course profiles. HRC appears only if the Precor Heart Rate Option is installed.

   Important: Before working out, review the information in this manual regarding the different EFX programs and their operation. Refer to pages 12 through 16.

8 ▶ **Start working out.**

8. Depending on the course you select, you may be prompted to answer more questions before or during your workout. Hold onto the handrails while you workout.

(**PAUSE**)

To pause during your workout session before finishing the selected program, press the **Pause** key. Refer to the **Pause/Hold to Reset** key or see *Pausing Your Workout* or *Ending Your Workout* for more information.

Important: Do not hold the **Pause** key down for more than 4 seconds because you will inadvertently reset the display to the FINAL statistics scan and return to the scrolling banner.

9 ▶ **End workout.**

9. When you are finished exercising, review your workout results. Refer to *Ending Your Workout.*

(**Cool down**)

Note: Always allow yourself a cool-down period before ending your workout. Cooling down after your workout helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. It also helps your heart rate return to its normal (non-exercising) state. The EFX provides a 5-minute cool-down period at the end of its program courses. To exit the course and access the cool down mode, hold the **Pause** key down for 2 to 4 seconds. A prompt appears, indicating that you are in cool down.

10 ▶ **Review workout statistics.**
(Press **Hold to Reset**)

10. When you have completed the 5-minute cool-down, FINAL flashes on the display. A summary of your workout **Time**, **Total Strides**, **Calories** and **Heart Rate** (optional) appears in sequence. After the FINAL workout statistics are scanned, the display returns to the Precor banner.

Note: You can exit the cool down mode prematurely by pressing **Pause**/**Hold to Reset** for 2 to 4 seconds. Refer to *Cooling Down After Your Workout.*

11 ▶ **Turn OFF the EFX.**
Secure the EFX with the locking pin.

11. If you will not be using the EFX for awhile, turn it 0 (OFF). Be sure to secure the roller arm by inserting the locking pin.

Using the Quick Start Feature

CAUTION: If the ramp's incline was not at zero when you pressed the Quick Start key, it automatically returns to zero. Hold onto the handrails while the ramp is moving.

The Quick Start feature on the EFX allows you to bypass the setup prompts to quickly access Manual mode. The weight setting defaults to 150 pounds (68 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds (68 kg). The Smart Rate™ display does not appear when you use the Quick Start key.

Note: Any prompts that appear after the weight prompt require your input before you can proceed. You can press **Quick Start** at any prompt and access Manual mode. However, Quick Start is disabled once you enter a program and begin your workout.

Pausing Your Workout

You can pause any time during your workout or cool down period. Use this feature to rest or take a short break. To pause while working out, press the **Pause** key. The display continues scanning and a scrolling prompt reminds you that you are in Pause mode. You can remain in Pause mode for up to 10 minutes before the display presents your FINAL workout statistics and resets to the Precor banner.

To resume a workout, press **Pause** again. Hold the handrail when you step onto the foot pedals. Your workout statistics continue from where you left off.

Since two functions exist (**Pause** and **Hold to Reset**) on one key, the longer you press and hold the key affects what function will be performed. Please refer to page 8, *Keys on the Display Console* to view a chart of the **Pause/Hold to Reset** key functions.

Cooling Down After a Workout

Cooling down after your workout is important because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. It also provides a smooth transition that allows your heart rate to return to its normal (non-exercising) state.

The EFX provides a 5-minute cool-down period that can be accessed from any program by pressing the **Hold to Reset** key for 2 to 4 seconds. A prompt appears, indicating that you are in cool down.

Important: Do not press the **Hold to Reset** key down beyond the scrolling cool down message because you will inadvertently reset the display to the Precor banner. Refer to the **Pause/Hold to Reset** key function on page 8.

During your cool down, the displays on the console continue to appear. The **Time** display counts down, so you know how much time is remaining in cool down. It is recommended that you always incorporate a cool down period into your workout. This helps your heart rate to return to a normal rhythm. When you complete the 5-minute course, your FINAL statistics appear and the display returns to the Precor banner.

The following chart explains the **Pause/Hold to Reset** key's functions within cool down.

If paused during cool down, press Pause/Hold to Reset	This is what happens...,
for < 2 seconds	You return to cool down mode.
for > 2 seconds	The display flashes "FINAL" and a summary of your workout statistics appears. Then, the display reverts to the Precor banner.

Ending Your Workout

To end your workout, you can simply step off of the foot pedals. The display will automatically return to the Precor banner after 10 minutes.

You can also press **Hold to Reset** for a few seconds (refer to **Pause/Hold to Reset** key on page 8) to access a FINAL scan of the workout statistics. The Precor banner appears. Turn 0 (OFF) the machine and secure the roller arm using the locking pin.

Important: It is highly recommended that you go through a cool-down period prior to ending your workout. See *Cooling Down After a Workout* above.

Inserting the Locking Pin

CAUTION: Always secure the EFX with the locking pin when it is not in use. Do not allow children to play on the EFX. Children should always be supervised when in the same room as the EFX.

To secure the EFX5.21si after your workout or when you leave it for any length of time:

1. Position the ramp at level 1 and locate the locking pin that is attached to the ramp. Note that a lanyard is attached to one end of the locking pin.

2. If necessary, remove the locking pin from the ramp and insert it into the roller arm. Position the locking pin so that you insert it from the outside edge of the ramp toward the inside edge.

3. Firmly slide the locking pin through the holes in the roller arm. Be sure that the locking pin is all the way through roller arm.

4. Gently move the roller arm to make sure that it is secure.

Using Manual Mode

Manual mode lets you use the EFX for an indefinite period of time while controlling the resistance and ramp settings.

You can choose the Manual course program in two different ways:

- pressing **Quick Start** at any of the setup prompts displays the manual course. The weight setting defaults to 150 pounds (68 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds (68 kg). The Smart Rate displays do not work when you use Quick Start. For more information, refer to *Using the Quick Start Feature*.

- entering your weight, age, and selecting the "**MANL**" course. At your next workout (if no one else has used the machine), tap **Enter** three times to access this same program.

When you choose the Manual course, the display continuously scans through the features unless you press the **Scan/Hold** key. The **Resistance** ▼ or ▲ keys change the resistance and the **Cross Ramp** ▼ or ▲ keys affect the elliptical orbit of the foot pedals.

Important: To access cool down from Manual mode, you need to press and hold **Pause** for 3 seconds. Remove pressure from the key while the cool down message is scrolling on the display.

Using a Program Course

To use one of the program courses, follow the instructions below. Remember, when you press any keys on the display console, hold onto the handrail to maintain your balance.

The EFX is equipped with several preprogrammed courses that can vary in ramp settings. No course, except WTLS, HRC, and CST1 and CST 2, is limited in its duration so you need to press the **Hold to Reset** key to access the cool down mode and end your workout. Refer to the label on the display console for a representation of the course profiles.

The following briefly explains the purpose for each program:

XTR Use this course to provide greater overall muscle tone to the widest range of your lower-body muscle groups. When you are comfortable with the movement of the EFX try both forward and backward strides throughout your workout. Reverse motion increases muscle tone in your hamstrings, quadriceps, and calf muscles.

GLT A workout utilizing higher ramp settings which provide a more circular elliptical path which increases your leg extension and concentrates the most muscle tone toward your upper legs and buttocks.

Other programs provided, but discussed in another section include:

INTV The Interval course on the EFX lets you set the course duration, resistance, and ramp settings for 2-minute rest, 2-minute work intervals. See *Changing the Interval Course Profile.*

HRC With the optional receiver installed in the display console and the POLAR® chest strap, you can utilize this course to its fullest extent. The EFX automatically sets the resistance to help keep you in the cardiovascular zone. For more information, refer to *Using the EFX Heart Rate Control Course*.

WTLS Similar to the interval course, this course provides a 28-minute course (4-minute rest and 4-minute work intervals) that maximizes your weight loss results. See *Using the Weight Loss Program*.

CST1 Provides a course where you determine the resistance and ramp settings while you work out. Once you complete the course, it is stored in the system's memory for future use.

CST2 Provides a second custom course. See *Creating Custom Courses.*

RAND The course profile is different each time this course is selected.

To use a Program course, follow the steps in *Working Out on the EFX* and add the following variation.

- At the course prompt, enter a course name or number (refer to page 13).

  Note: If you do not press **Enter** to select a course, after 10 seconds the prompt "**PRESS ENTER TO BEGIN**" appears. This prompt continues to scroll across the display every few seconds until **Enter** is pressed.

In several of the program courses, the ramp level is preset, but you can adjust either the ramp or resistance settings any time during your workout by pressing the appropriate ▼ or ▲ keys.

Changing the Interval Course Profile

Interval training provides numerous benefits. Since interval training segments the workout into smaller components, a 20- or 30-minute workout seems to pass more quickly. In addition, studies have shown that it is a more efficient method for achieving aerobic benefits—you start seeing improved cardiovascular fitness much sooner with less effort. Studies also show that people who interval train are more likely to stick with their fitness program.

The interval course on the EFX lets you set the course intervals according to your training regimen. It alternates between 2-minutes of "Rest" and 2-minutes of "Work." During the Rest interval, you can set a lower ramp and resistance and/or stride slowly; during the Work interval, you can quicken your pace, set a higher resistance and/or higher ramp level. Once you set the first rest and work interval, the software takes over, repeating the intervals throughout the course until you press the **Pause** or **Hold to Reset** key. Refer to page 8 for more information.

At any point during the workout, you can change the settings of the current interval. For example, if a "6" ramp setting and "5" resistance setting causes more effort than you prefer during a Work interval, simply use the **Cross Ramp ▼** key and/or the **Resistance ▼** key to change the settings. The software remembers the new settings for the next Work interval.

If you have purchased the Precor Heart Rate Option and installed the heart rate receiver, you can monitor your workout using the Smart Rate and Heart Rate displays.

Below are some suggestions that may help you incorporate the Interval mode into your workout:

*   If you are starting an exercise program, the Interval mode option can help you increase your workload gradually. For example, in the beginning, you may simply want to specify the same resistance and ramp level for both Work and Rest intervals. Then, to increase your effort level, change to a higher resistance and/or ramp setting for your Work interval.

*   If you are training with the goal of maintaining a constant pace when on level ground or grade, specify the same resistance for both Work and Rest intervals. Then, gradually increase the ramp during the Work interval while you maintain a constant pace.

To use the interval course, follow the steps in *Working Out on Your EFX*. At the course prompt, use the ▼▲ keys to display "**INTV**," and press **Enter**.

To set the interval for the course, take the following steps:

1. When you see "**ENTER REST RESISTANCE & RAMP LEVEL**" scroll across the display, press the **Resistance ▲** key until you reach a comfortable level. Press the **Cross Ramp ▼** or ▲ key to specify an appropriate level. When the desired resistance and ramp level are displayed, simply continue working out—you do not need to press **Enter**.

    Once you program your desired Rest settings, the EFX returns to it at the beginning of each Rest interval, until you change the settings, or end your workout.

2. When "**ENTER WORK RESISTANCE & RAMP LEVEL**" scrolls across the display, specify your work resistance (1 through 20) and ramp level (1 to 14). With one hand on the handrail, use the other hand to select the appropriate settings.

Each rest and work interval lasts 2-minutes. The display automatically counts down to the next interval.

To exit the interval course, press and hold the **Hold to Reset** key for 3 seconds. Refer to *Cooling Down After a Workout.*

Using the Weight Loss Program

The Precor Weight Loss Program incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research. The Weight Loss Program is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. Performed three or four times a week, the weight loss mode can help you reach your ideal weight and fitness level quickly and efficiently.

The Weight Loss Program is similar to the interval course on your EFX. The Weight Loss Program provides a 28-minute workout with resistance preset to a minimum level for the 4-minute rest interval and a maximum level for the 4-minute work interval.

You can use the Weight Loss course without the Precor Heart Rate Option, but you need to check and monitor your pulse during and at the end of your workout. If you purchased the Precor Heart Rate Option and have installed the receiver *and* are wearing the POLAR® chest strap, you can monitor your heart rate through the Smart Rate and Heart Rate displays. For the ideal "weight loss" range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 80% of your maximum aerobic heart rate or go above your training zone. Refer to Diagram 13 on page 21 for your appropriate training zone.

Important: If you use the Precor Heart Rate Option, you can adjust the rest or work intervals if your heart rate is above or below the recommended zones for your age. In the Weight Loss Course, try to maintain your heart rate at the lower end, 55% of maximum heart rate, while in the "rest" intervals and keep it at 70% of maximum heart rate while in the "work" intervals. With or without the Precor Heart Rate Option, to maximum efficiency, be sure to maintain a constant stride rate above 100 strides per minute.

You can adjust the resistance during any interval segment. However, *changing the resistance will change the effectiveness of your weight loss program*. The EFX display alerts you of an upcoming interval change by replacing the course profile with a count down. The interval changes from rest to work (or vice versa) at the end of the count down.

CAUTION: If you are unsure about your level of fitness, start at a low resistance. Do not increase your stride rate beyond 150 strides per minute. Remember, always consult your physician before beginning any new exercise routine.

To use the Weight Loss mode, follow the steps found in the section titled *Working Out on Your EFX*. When the display console prompts you to select a course, use the ▼ or ▲ keys to select "**WTLS**" and then, press **Enter**.

Note: Be sure to enter your correct weight at the **Weight** prompt to keep calorie count display accurate.

If you wish to continue the weight loss program at the end of the 28-minute period, press any ▲ key while the prompt "**Press Up to Continue**" scrolls across the display. The resistance remains constant and the preset 4-minute rest and work intervals continue to repeat until you press the **Pause/Hold to Reset** key (see page 8). If you want to adjust the resistance, press the **Resistance** ▼ or ▲ key until the desired resistance appears in the display.

Creating Custom Courses

You can program the EFX and create your own course profiles using the two custom courses ("**CST1**" and "**CST2**"). Programming the 1-hour maximum course is easy. You just create the custom courses as you work out by determining the resistance and ramp level for each segment on the display. Resistance and ramp settings can be saved when you press the **Pause** key or end the 1-hour course. Once you complete your workout, the course can be stored in memory (CST1 or CST2) and automatically recalled at the **Course** prompt.

To create a custom course, follow the steps in *Working Out on the EFX* and add the following variation.

1. At the course prompt, choose your custom course: either "**CST1**" or "**CST2**" by pressing the ▼ or ▲ keys until you see the desired course. Press **Enter** to select it.

   Note: The following instructions assume that you are programming a new custom course. However, if you want to use the existing custom course, move the foot pedals to begin your workout and don't change the resistance or ramp settings.

2. As you move through the course, you can continue to change the course profile by using the **Resistance** and **Cross Ramp** ▼▲ keys. These keys affect the segment that is blinking. You cannot "go back" to a segment once you move beyond it. However, you can pause by pressing the **Pause** key. The following prompt appears and scrolls across the display:

   "**COURSE CHANGED,… UP TO SAVE DOWN TO CONTINUE**"— pressing any ▲ key saves the course profile up to the point where you stopped (the blinking segment) and deletes any "unused" portion of a previous course.

   Note: You must program at least one segment before your new course can be saved otherwise the software reverts back to the previously existing course.

3. If you attempt to program the course profile past the maximum duration, the prompt, "**END COURSE**" appears and scrolls across the display. A 5-minute cool down automatically begins.

4. Save your changes by pressing any ▲ key. Once you save your custom course, you can work out and use the same course over and over by entering the associated custom course number. The EFX can store two custom courses.

Deleting Custom Courses

If you press and hold the **Pause** key (for about 1 second) while the blinking segment appears at the beginning of the custom course, the entire course is deleted and a flat course profile appears. You can begin re-programming the course profile as you workout.

Important: You cannot retrieve a custom course once you have deleted it.

5

Using the Precor Heart Rate Option

The Precor Heart Rate Interactive System has many unique features. When you use the Precor Heart Rate Option and have the optional heart rate receiver installed in the display console, your heart rate can appear on the display. The Smart Rate™ and Heart Rate displays simplify the correlation between heart rate and exercise. You don't have to stop concentrating on your workout to find your pulse anymore. It is displayed right in front of you. When you use the Heart Rate Control Course, the EFX software monitors and maintains your heart rate in the target zone best suited for your specific needs.

When you maintain your heart rate between 70% and 85% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. If you maintain your heart rate between 55% and 70% of your maximum aerobic heart rate, you are burning enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning (weight loss) benefits. Before you use the chest strap transmitter, please study this section thoroughly. Included in this section are the following:

*   wearing the chest strap transmitter
*   utilizing the heart rate interactive system
*   using the Heart Rate Control Course (HRC)
*   correcting inconsistent heart rate readings

Important: If you do not use the Precor Heart Rate Option and the optional heart rate receiver according to the guidelines found in this manual, you could jeopardize the accuracy of your heart rate readings or void the Precor limited warranty.

Wearing the Chest Strap Transmitter

The Precor Heart Rate Option is a completely wireless system. A built-in receiver displays continual feedback about your heart rate when you wear the transmitter strap around your chest. No bulky wires or cables interfere with your movements.

The wireless chest strap contains the electrodes that transmit your heart rate (pulse) to the receiver. To get an accurate reading, the electrodes need to be *moist* and in *direct contact* with your skin. *Be sure to wear the chest strap underneath your clothing.*

Take the following steps to put on the chest strap:
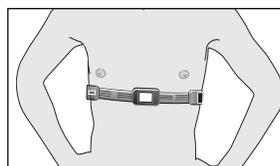
Diagram 9
Determine proper length
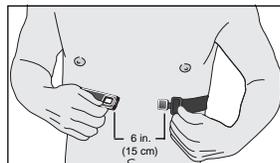
1. Determine the length of the strap by wrapping it around your chest. Without stretching the strap, check the distance between the two ends of the strap. For a snug fit, the ends of the strap should be about 6 inches (15 cm) apart. See Diagram 9. Adjust the tightness of the chest strap by sliding the buckle along the strap.

Diagram 10
Moisten electrodes. If needed, use the spray included with the Precor Heart Rate Option.
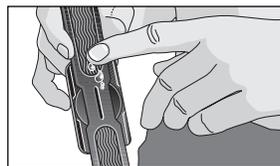
2. Remove the strap from around your chest and carefully dampen the electrode strips with the electrolyte spray or tap water as shown in Diagram 10. Do not use deionized water. To function properly, the electrodes need the salts and minerals found in non-purified water. Once you begin your workout, your perspiration keeps the electrodes moist.

Diagram 11
Buckle chest strap

With the proper adjustment of the chest strap, you are ready to begin using the Precor Heart Rate Option.

3. Buckle the strap around your chest. The strap should feel snug, not restrictive. Make sure that the transmitter lies horizontally across your chest and is centered in the middle of your chest. See Diagram 11.

Utilizing the Heart Rate Interactive Capabilities

You can make each program on the EFX a heart rate interactive course by monitoring and maintaining your heart rate in the Smart Rate zone best suited for your specific needs. You can access Smart Rate only if the optional heart rate receiver is installed in your unit and you wear the Precor chest strap. The Smart Rate indicator lights do not appear when you use **Quick Start**.

Before using the Heart Rate capabilities on the EFX, take time to read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not use the Heart Rate Control Course until authorized by your physician.

- Slow down and stop immediately if you experience any pain or abnormal symptoms.

- Gently stretch you lower body and back before and after working out to help prevent stiffness or soreness.

- Know your heart rate (pulse) and your physician-recommended heart rate training zone. Individual heart rates vary according to several physiological factors and may not correspond directly with the diagrams and tables provided.

- You should not use the Heart Rate capabilities if you are taking any medications that either speed up or slow down your heart rate.

- Always face forward on your EFX and use the handrails for balance. *Try not to use the handrails to support your weight.*

- Keep in mind that you are working with very sensitive equipment and upper body movement should be kept to a minimum.

- After putting on the chest strap, be sure that the EFX is I (ON) and position yourself on the foot pedals facing the display console for a minimum of 15 seconds. This allows the receiver in the console to acknowledge the presence of the transmitter.

- Remember to incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness. Refer to *Cooling Down After a Workout.*

    Note: Refer to *Precor Heart Rate Option — Safety Guidelines.*

Using the EFX Heart Rate Control Course

The EFX Heart Rate Control Course has been designed from research conducted at the world-renowned Cooper Institute for Aerobics Research. The HRC program must be used in conjunction with the Precor Heart Rate Option. You can use the HRC program to maximize your aerobic workout. Once you start the program, select a ramp position that gives you the elliptical movement and workout that you want. The EFX software automatically adjusts the resistance (or prompts you to increase the strides per minute, if necessary) to keep your heart rate within the cardiovascular heart rate zone.

Important: During your workout, you should strive to maintain a comfortable and constant stride rate above 100 spm. Otherwise the system will continually overcompensate and the resistance levels will be moving up or down more often.

To use the course follow the steps in *Working Out on the EFX* and choose "**HRC**" at the course prompt. The following occurs:

Note: You must wear the Precor chest strap to use the Heart Rate Control Course.

1. A prompt asks you to select a workout time. The software defaults to 20 minutes if no previous record exists. You can select a range of time between 5 and 99 minutes in 1-minute increments. Use the ▼ or ▲ keys to specify your workout time. Press **Enter**.

2. A scrolling prompt appears to query you about your recommended heart rate zones. The upper limit of your target heart rate appears and scrolls across the display. Use the ▼ or ▲ keys if you wish to override the recommended heart rate. Press **Enter**. A chart showing the recommended heart rate zones can be found in Diagram 13 on page 21.

3. Another scrolling prompt appears to ask you to verify your lower heart rate limit. Use the ▼ or ▲ keys if you wish to override the recommended heart rate. Press **Enter**.

4. The software verifies that it detects the heart rate signal. Move the foot pedals to begin your workout. A 3-minute warm-up period helps get your heart rate into its target zone. The HRC program automatically takes over once your heart rate is in the target zone or the 3 minutes elapse.

   Note: If your heart rate cannot be detected or no heart rate is transmitted for more than 3 minutes, the Heart Rate Control Course begins, but its operation is the same as manual mode. Every 30 seconds the program checks for a heart rate.

5. The system automatically adjusts the resistance level to keep your heart rate within the target zone. If, during your workout, your heart rate falls outside of the target range, the system automatically overrides the resistance settings to bring your heart rate to within the target zone.

   Important: While using the HRC program, strive to maintain a *constant* stride rate (above 100 spm) to get the best aerobic and cardiovascular workout. Use the Smart Rate display for visual cues to help keep your heart rate in its target zone.

6. When you reach the time limit, the system automatically enters a cool-down period. You can change the resistance and ramp level by pressing the ▼ or ▲ keys.

   During your cool down, the displays on the console continue to appear. The **Time** display counts down, so you know how much time is remaining in cool down. It is recommended that you cool down for at least 3 minutes. This helps your heart rate to return to a normal rhythm.

7. At the end of the cool down period, your FINAL workout statistics appear. The display returns to the Precor banner. Hold onto the handrails while you step off the EFX and turn it 0 (OFF). Refer to **Pause/Hold to Reset** key on page 8 for more information.

Correcting Inconsistent Heart Rate Readings

If you have purchased the Precor Heart Rate Option and the EFX cannot pick up your heart rate signal or messages appear on the display regarding heart rate errors, stop your workout and take the following steps:

Important: Be sure that the optional heart rate receiver is installed in the display console. Also, review the information found in the **Safety Information**, *Precor Heart Rate Option—Safety Guidelines*.

1. Make sure that the electrodes on the chest strap are moist and placed properly against your skin. Sometimes, due to body chemistry, the chest strap cannot successfully detect and transmit your heart rate. If this occurs, use the electrolyte spray that accompanies your Precor Heart Rate Option package. Follow the directions on the bottle. After spraying the electrode strips on the chest strap, check to be sure that the strap is comfortably tight around your chest and centered in the middle of your chest. Refer to Diagram 11 on page 17.

2. Be sure that you are within 3 feet of the display console and facing toward it. Allow a few seconds for the receiver to display your heart rate on the display console.

3. Make sure that the EFX is turned I (ON).

If you have taken the steps above and still get erratic readings, you may need to replace the POLAR® chest strap.

Most often, when the chest strap fails to transmit a heart rate signal, the cause is incorrect placement or conduction of the chest strap electrodes. If necessary, check with your local servicer, he or she has a chest strap/heart rate simulator that can test your equipment to make sure that it is operating properly.

6

Getting the Most Out of Your Workout

To help you get started in planning and carrying out your fitness program, this section provides some basic information on aerobic exercise—such as how hard you should work out, how long each session should be, and how often you need to exercise to benefit from a regular program.

Diagram 12   *Muscles improved*

1.   Trapezius
2.   Deltoid
3.   Pectorals
4.   Rhomboids
5.   Triceps
6.   Biceps
7.   Latissimus Dorsi
8.   Forearm Flexors/Extensors
9.   Abdominals
10.   Erector Spinae
11.   Gluteals
12.   Hip Flexors
13.   Quadriceps
14.   Hamstrings
15.   Gastrocnemius/Soleus
**16.   Peroneus Longus/Brevis**
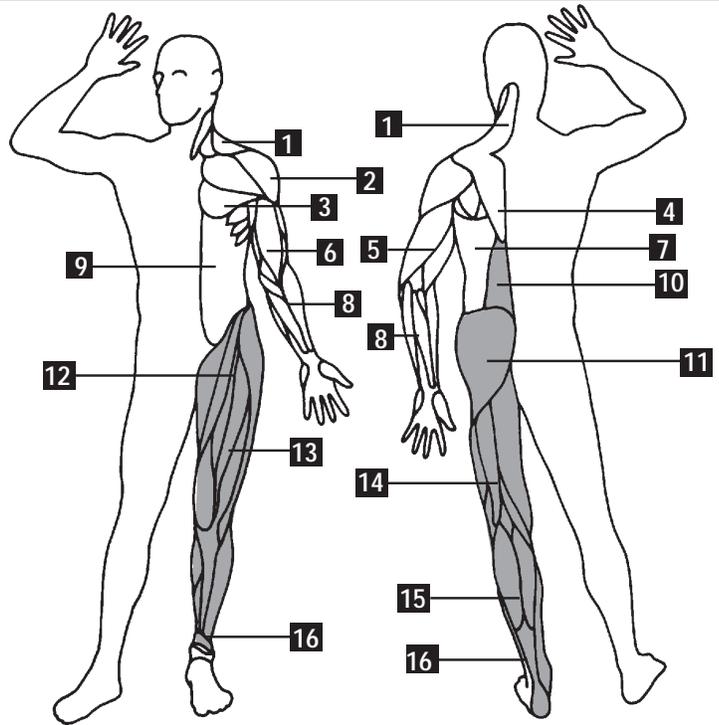
A workout on the EFX provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 12 indicate the muscles improved.

To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of information is your specialty fitness dealer. In addition to providing information on which exercise equipment is best for your individual needs, your fitness dealer can provide useful advice on training, technique, and exercise physiology. Your dealer can also recommend good books and audio/video tapes on these subjects.

Diagram 13   *Training zones*

HEART RATE TRAINING ZONE
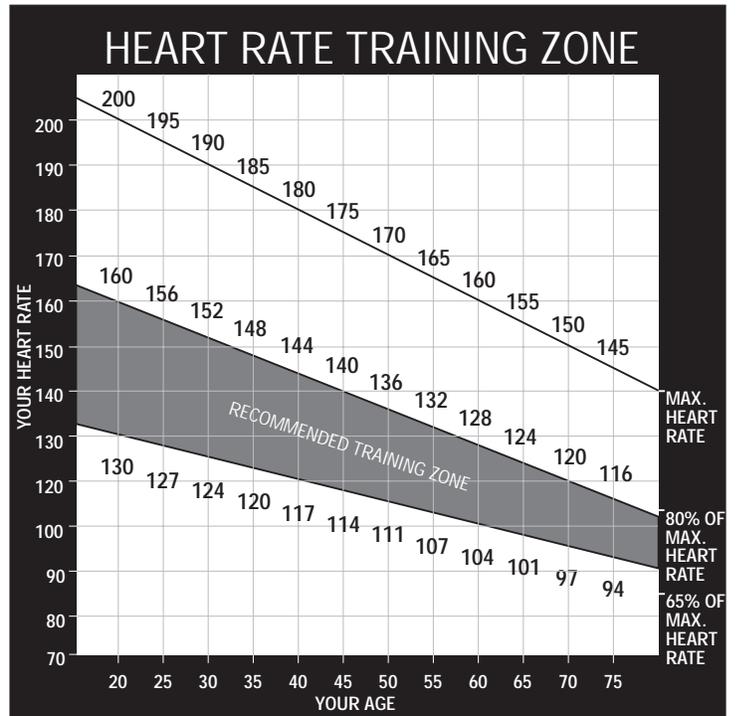
How Hard Should I Exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called the "training zone." Your training zone depends on your age and level of fitness.

Diagram 13 shows your recommended heart rate training zone, which is calculated using your age and your maximum aerobic heart rate. Your maximum aerobic heart rate is equal to 220 minus your age. The chart is based on a resting heart rate of about 72 for males and 80 for females. Your optimum training zone is between 65% and 80% of your maximum heart rate. For efficient aerobic exercise, work only hard enough to keep your heart rate in this zone. You will obtain the greatest fat-burning benefits when you exercise within the optimum training zone.

Pushing yourself beyond the recommended range, (that is, exercising so hard that your heart rate rises above 80% of maximum) can overstress your muscles. To increase cardiovascular improvement, exercise *longer*, not harder.

Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, find your age on the diagram, and then follow the vertical line to where it intersects with your heart rate's "Recommended Training Zone." For example, if you are 35 years old, your training zone is between 120 and 148 beats per minute. Remember this zone—it is the target zone you should try to maintain as you work out.

If you do not have an accurate heart rate monitor, you can determine your heart rate by taking your pulse at a place that you can reach easily and comfortably while you exercise. Typical places for measuring heart rate are directly over the heart on the left side of the chest, on either side of the neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—**not your thumb**. Your thumb has a strong pulse which can affect your pulse rate reading.

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 13. If necessary, increase or decrease your activity level to bring your heart rate into your training zone. You can regulate your work level (and heart rate) by changing resistance, stride rate, and ramp level. **Remember—your heart rate is the definitive measure of how hard you are working.**

Regardless of your fitness level, avoid doing too much too soon. Striding too fast or choosing too high of an ramp level are common errors. Give yourself time to become familiar with your unit and to improve your fitness level. Then you can gradually change the resistance, stride rate, and ramp level to make your workouts more challenging.

How Long Should I Exercise?

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in its training zone for at least 15 minutes. This is in addition to your warm-up time, and does not include cool down. You should always allow several minutes to bring your heart rate into the training zone, by starting out slowly and gradually increasing work level. Similarly, use several minutes of light exercise after the workout to bring your heart rate down to near resting level.

The higher your fitness level, the longer you should maintain your heart rate in the training zone (between 20 and 30 minutes). Beginners should always start slowly, and gradually bring their sessions up to 20 minutes or more.

How Often Should I Exercise?

Research indicates that aerobic sessions of 20 minutes or more should be done at least three to five times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively shows that exercise, not dieting, is the key factor to long-term weight loss.

7

Maintaining the EFX

The EFX requires little maintenance to keep it running smoothly and efficiently. However, the customer is responsible for the typical maintenance tasks such as, cleaning the unit. If you fail to maintain the EFX as described below, it could affect or void the Precor limited warranty.

Cleaning the Equipment

Your Precor EFX relies on low friction for efficient operation. To keep the friction low, the unit must be as clean as possible. Before a workout, use a damp, soft, clean cloth and wipe along the inside portion of the ramps. This helps remove any dirt or dust that might affect the smooth operation of the ramp rollers. Vacuum the floor around and underneath the unit every week to prevent the accumulation of dust and dirt.

To periodically clean the frame, display console, and foot pedals use a solution of mild soap and water and dampen a clean cloth. To clean the grooves on the foot pedals, use a soft nylon scrub brush. Never pour water or spray liquids on any part of the EFX. Allow the unit to dry completely before using it.

The Precor Heart Rate Option requires little maintenance beyond keeping it dust free and cleaning the chest strap with mild soap and water. Use a damp sponge or soft cloth to clean the POLAR® chest strap. Dry the surface thoroughly with a clean towel. Do not use an abrasive cleaner on the strap.

Storing the Chest Strap

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

Accessing the Odometer and Software Version Numbers

The EFX stores cumulative strides and also provides the software version code and part number. If you need to access this information, take the following steps:

1. Start at the banner "PRECOR EFX5.21Si..., Workout Smarter" and press the **Pause** key. Then, within 1 second initiate the following key sequence: **Resistance ▼** and **Quick Start**.

    Note: Each key press must occur within 4 seconds of the previous key press or the software returns to the Precor banner and you have to begin again.

2. The cumulative number of strides completed to date scrolls across the display. Press any key and the software version code number and part number appears. Press another key to return to the scrolling banner.

Power Cord Maintenance

When the EFX is in use, ensure that the power supply cord is away from moving parts so that it cannot be damaged. If the EFX power supply cord is damaged, special tools are required to repair it. Contact an authorized Precor servicer or dealer at 1-800-4-PRECOR for qualified repair assistance and service.

EFX Long Term Storage

When the EFX is not in use, ensure that the power supply cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people. There are no special storage requirements for the EFX other than ensuring that it is kept free from dirt, moisture, or damage.

Obtaining Service

Do not attempt to service the EFX yourself except for maintenance tasks described in this manual. The EFX does not contain any user-serviceable parts or parts that require lubrication. For information about product operation or service, contact an authorized Precor dealer or a Precor Factory Authorized Service Company. To locate the dealer or service person nearest you, call 1-800-4-PRECOR.

To help the customer service representative expedite your call, have your serial number available. The serial number on the EFX is printed on a label located on the rear crossbar inside the rear casing. You will need a flashlight to locate it.

Model number: ___**EFX5.21Si**___   Serial number: _____

If you have any questions regarding the unit. Use the model and serial numbers whenever you contact your Precor dealer or service person or visit our Web site at **www.precor.com**

EFX5.21si Elliptical Fitness Crosstrainer featuring the Heart Rate Interactive System

Specifications

Length:	76 inches (190 cm)
Width:	Handrails 30 inches (75 cm) at widest point
Height:	63 inches (158 cm)
Power:	50/60Hz 120v AC 2 Amps
Weight:	160 lbs (72 kg)
Shipping weight:	175 lbs (79 kg)

Electronic Specifications

Programs:

Manual
Crosstrainer
Gluteals
Random
Interval (2 minute rest: 2 minute work)
Heart Rate Course
Weight Loss (28 minutes)
Custom 1
Custom 2

Display Readouts:

Smart Rate*
Ramp Level
Resistance Level
Time
Strides per Minute
Total Strides
Calories
Heart rate*

* requires that the Precor Heart Rate Option and optional receiver be installed in electronic console. To be activated, the chest strap/transmitter must be worn.

PRECOR®USA

Specifications subject to change without notice.
1-800-4-PRECOR, Precor Web Site: www.precor.com